

LET'S TALK

## **Education and training for the Chesterfield Community**

Offering speakers on a variety of topics:

- **Parenting and behavior management for all ages**
- **Alcohol, tobacco and other drug prevention**
- **Child development**
- **Keeping marriages strong**
- **Divorce and co-parenting**
- **Working through grief and loss**
- **Domestic violence and safety planning**
- **Anxiety, depression and other mental health issues**
- **Community support for people with developmental disabilities**
- **Infant development and baby-soothing techniques**
- **Stress management**

Speakers have an average of 15 years of professional experience working with people who have a wide range of life experiences. If you are interested in scheduling a speaker, please contact Gwen Ligh at Chesterfield Community Services Board, 768-7204.



*Providing a First Choice community through excellence in public service*